

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (previously presented) An apparel insertion device comprising:
 - a plate;
 - a post, having an outer post surface and an inner post surface, wherein said post is attached to said plate; and
 - a base, said base having a base top and said base having a base bottom, wherein said base is capable of receiving said post.
2. (previously presented) The apparel insertion device of claim 1, wherein said post further comprises a plate attachment means.
3. (previously presented) The apparel insertion device of claim 2 wherein said post further comprises a plate release means.
4. (previously presented) The apparel insertion device of claim 3, wherein said plate attachment means further comprises at least one prong member.

5. (previously presented) The apparel insertion device of claim 4, wherein said plate attachment means further comprises a first prong member and a second prong member.
6. (previously presented) The apparel insertion device of claim 5, wherein said outer post surface further comprises at least one grooved area aligned in a substantially horizontal fashion on said outer post surface.
7. (previously presented) The apparel insertion device of claim 6, wherein said base further comprises a means for attaching said post.
8. (previously presented) The apparel insertion device of claim 7, wherein said base further comprises a means for releasing said post.
9. (previously presented) The apparel insertion device of claim 8, wherein said means for releasing said post includes at least one post release button.
10. (previously presented) The apparel insertion device of claim 9, wherein said means for releasing said post further comprises a first post release button, and said means for releasing said post further comprises a second post release button.
11. (previously presented) The apparel insertion device of claim 10, wherein said base bottom further comprises a substantially padded portion.

12. (previously presented) The apparel insertion device of claim 11, wherein said padded portion includes a padding protection layer, wherein said padding protection layer substantially covers said substantially padded portion.

13. (previously presented) The apparel insertion device of claim 12, wherein said padding protection layer includes an outer design portion.

14. (previously presented) The apparel insertion device of claim 11, wherein said post is substantially cylindrical.

15. (previously presented) The apparel insertion device of claim 14, wherein said post includes a first opposing vertical notch and said post includes a second opposing vertical notch.

16. (previously presented) The apparel insertion device of claim 15 wherein said plate further comprises an attachment ring.

17. (previously presented) The apparel insertion device of claim 16 wherein said plate further comprises a button.

18. (previously presented) An apparel insertion device comprising:

a plate, said plate having a top and a bottom surface, and said plate including an attachment ring located on said bottom surface;

a cylindrical post, having a top post portion and a bottom post portion, said top post portion having a substantially hollow area, and said bottom post portion including portions defining at least one grooved area, said grooved area aligned in a substantially horizontal fashion, and wherein said post includes a first opposing vertical notch and wherein said post includes a second opposing vertical notch, and wherein said post includes a means for attaching said plate, wherein said means for attaching said plate includes at least one prong member, and wherein said means for attaching said plate is releasably fastened to said attachment ring; and

a base, capable of receiving said post, said base having a base top and said base having a base bottom, wherein said base top includes a means for releasing said post and wherein said base bottom includes a padded portion, wherein said padded portion includes a padding protection layer, and wherein said padding protection layer substantially covers said padded portion.

19. (previously presented) The apparel insertion device of claim 18, wherein said plate comprises a button.

20. (cancelled)

21. (cancelled)

22. (currently amended) A method for using an apparel insertion device comprising the steps of:

attaching a plate to a post;

inserting said post through a piece of apparel, wherein said piece of apparel

comprises a plurality of fibers; and

engaging said post into a base.

~~The method of claim 20, wherein the step of inserting said post through a piece of apparel further comprises inserting said post through a plurality of fibers that make up said piece of apparel.~~